

## Deployed member's families gather at Paxton Park



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Sarah Murray, daughter of deployed Senior Airman Micheal Murray, plays a game at the Deployed Family Picnic Saturday.



# 3rd Wing Moment in History

Aug. 26, 1901:

Lt. William “Billy” Mitchell arrived at Fort Egbert. Maj. Gen. Adolphus Greely, Chief of U.S. Army Signal Corps, sent him north on a fact-finding mission after becoming concerned about the slow progress being made on the Eagle to Valdez Washington-Alaska Military Cable and Telegraph System link. Lieutenant Mitchell and his party of 17 signalmen departed Fort Myer, Va., Aug. 13, 1901, and traveled across country by train and then by steam ship to Skagway, where they boarded a train on the narrow gauge railway between Skagway and Whitehorse. Upon arrival at Whitehorse, Lieutenant Mitchell and his party traveled on a 40-foot flat boat down the Yukon River. After spending 17 days at Eagle inspecting work in progress, he traveled down the Yukon River to St. Michael, stopping along the route to visit Fort Gibbon near Tanana. Lieutenant Mitchell arrived at Fort St. Michael Sept. 25 where he boarded a steamer for Seattle. He finally arrived in Seattle Oct. 17, 1901.



# Driving drowsy: Just not smart

Commentary by Tech. Sgt.  
Larry Carpenter Jr.  
92nd Air Refueling Wing Public Affairs

**FAIRCHILD AIR FORCE BASE, Wash. (AFPN)** -- After a long day at work, you are too excited to wait an additional day before starting your trip to go see your family. It’s your leave, so why should you waste time sitting at home? You load up the car, fill up with gas and hit the road; the drive’s only a few hours. The drive begins as planned -- you make it to the highway, bring your car up to speed and then hit cruise control.

During the drive, you feel a little drowsy so you sip on an energy drink and press on. Next thing you know, you’re waking up, but not in your bed. You’re still behind the wheel. You watch yourself drive through a turn and into a field, the car spinning and grass flying up all around, before the car comes to a stop just shy of a 15-foot drop into a creek.

After I stopped screaming and pried my white knuckles off the steering wheel, I assessed the situation.

This was my story in 2001 as a young senior airman, looking forward to weekend drives from Oklahoma to East Texas to see my girlfriend. Luckily, I was able to walk away with nothing but a bruised ego and a banged up car. My passenger was also unhurt. Many people aren’t so lucky.

According to the U.S. National Highway Traffic Safety Administration, driving drowsy is just as dangerous as drinking and driving. Each year, roughly 100,000 police-reported crashes are the direct result of driver fatigue. This works out to be an estimated 1,550 deaths, 71,000 injuries and \$12.5 billion in monetary losses.

Those numbers sound staggering but most safety officials claim they may be low because it is difficult to attribute automobile accidents to sleepiness. When an individual has

been awake for at least 18 hours, research shows that it impairs the body equal to a blood alcohol concentration of .08, and .10 after 24 hours; in the U.S., .08 is considered legally drunk.

As NCOs, it’s important to pay special attention to our younger Airmen. According to the Children’s Hospital of Philadelphia Web site, young people 16 to 29 years of age are the most likely to be involved in crashes caused by the driver falling asleep.

We all need to make sure that the people around us are aware of the dangers of driving drowsy, and take proper precautions. It’s extremely vital to ensure our Airmen, as well as ourselves, have the proper amount of rest before starting any drive, and if we feel sleepy, to do the right thing and pull over. Get some fresh air, stretch or take a nap. Do whatever it takes to make sure we are safe on the road.

Take it from me, driving drowsy is just not worth it.

# Letter to Airmen : Stress, Mental Health, and Suicide Prevention

As Airmen fight terrorism in the far corners of the world, the sacrifices asked of them and their families have increased significantly. These sacrifices have been accepted with courage and valor, and I am very proud of their contributions both at home and abroad.

Nevertheless, under such circumstances, it is natural for our people to feel the stress of these demands and to be overwhelmed at times. Tragically, too often, these pressures end in suicide. This year the Air Force has lost more Airmen to suicide than to direct enemy action.

In stressful times such as these, with so many Airmen deployed and with so many others pushed to the breaking point, it is vital that we all understand that we are not alone. We are partnered in this war and bonded in the service. It is up to us to look out for one another. We must make every effort to understand the people around us, to talk to them and to get to know them on a personal level.

We must treat our people with respect and demonstrate integrity and empathy up and down the line. Airmen must understand that they can talk through their difficulties. They must know that there is a wingman available to listen, be it a chaplain, family counselor, day care provider, or simply a friend.

In the battle against suicide, knowledge is one of our main weapons. Understanding the signs of stress and depression in yourself and others can empower you to know when to seek help and wingmen to know how to help each other.

All Airmen should know that treating depression improves quality of life and job performance. It is extremely unusual for an Airman’s career to suffer negative effects from seeking help for emotional difficulties. Getting help when you’re hurting is the right thing to do. Smart Airmen seek out help when they need it and great wingmen know

when to encourage their peers to get help.

Many suicides can be prevented. By working together, we can all make a difference and save lives. It is the responsibility of every Airman to be a good wingman and to reach out to those in need.

**Checklist for Suicide Prevention**

*Good Leadership is Good Prevention*

- Create an atmosphere of trust and a work climate that fosters communication-
- Know your people, walk around your duty section every day, talk to Airmen about their personal lives and interests, and spend time listening to their concerns
- Encourage healthy lifestyle choices by role modeling and healthy behavior and values
- Encourage Airmen to look out for each other and be great wingmen
- Publicly encourage help-seeking behavior and emphasize that asking for help is OK
- Know the critical warning signs (depression, hopelessness, social isolation, etc.)
- Ask the tough questions (i.e., about life, distress, suicidal ideation, alcohol use, etc.)
- Express caring and hope
- Compassion isn’t weakness or lack of resolve

*Wingmen Look Out for Each Other*

- Put the wingman ideal into practice every day
- Take responsibility for one another; act decisively when you see someone in crisis
- Don’t miss an opportunity to make a critical difference to someone who may be suffering in silence
- For those struggling with suicidal thoughts/feelings, help is available through your chain of

command, your local Medical Treatment Facility and your Mental Health Clinic

- Reach out to someone you trust, and ask for help
- A wealth of information is available on the Air Force Suicide Prevention Program Web site at <http://afspp.afms.mil/>

**Due to a mistake in the staff sergeants promotion list, the following individual was left off the list of Airmen selected last week:**

**Steven Huffines,**  
**3rd Contracting Squadron**



Michael W. Wynne,  
Secretary of the Air Force

## Sourdough Sentinel

*Editorial Staff*

Col. Tom Tinsley	3rd Wing commander
Capt. Kelley Jeter	Chief, Public Affairs
Staff Sgt. Olenda Peña-Perez	Editor
Airman 1st Class David Carbajal	Staff Writer
Tech. Sgt. Keith Brown	Photographer

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The deadline for article submissions to the *Sourdough Sentinel* is 4 p.m. Friday. Articles will be published on a space-available basis and are subject to editing by the *Sourdough Sentinel* staff. Submission does not guarantee publication.

For more information, call the *Sourdough Sentinel* office at 552-2493 or 552-4659, e-mail: [sourdough.sentinel@elmendorf.af.mil](mailto:sourdough.sentinel@elmendorf.af.mil), fax us at 552-5111, or write to us at:  
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# Airmen trek over mountains to deliver aid in Afghanistan

By Staff Sgt. Julie Weckerlein  
U.S. Central Command Air Forces Public Affairs

**PANJSHIR PROVINCE, Afghanistan (AFP)** -- Trekking more than four hours over mountain ridges and valleys, 19 members of the Panjshir Provincial Reconstruction Team delivered medical and humanitarian aid Aug. 7 to people living in Roydara, a village set deep in a valley in Afghanistan.

The group, made mostly of Airmen, as well as Soldiers, U.S. government civilians and Afghan interpreters, set up two medical clinics in the village -- one for men and one for women and children.

They also delivered personal hygiene kits, rice, tea and toys, which were carried on donkeys over the mountains.

"This village is not easily accessible and there is no medical clinic built there," said Lt. Col. Christopher Luedtke, the PRT commander deployed from Hill Air Force Base, Utah. "So, by bringing our doctor and medics to the village, we're able to provide some care for them, even if that means climbing a mountain."

After arriving at the village, Colonel Luedtke and other Air Force officers, along with Ben Lowenthal, the U.S. State Department representative who heads the PRT, met with the village elders to discuss concerns and potential future construction projects for the village. Security Airmen kept watch while others handed out the supplies.

Meanwhile, the team's lone medical officer, Capt. Kevin Kubly, set up a clinic for men and boys in a building in the center of the village, while his two medics, who are female, set up a women and children's clinic in another building. This was necessary as Afghan culture does not allow women to be seen by male doctors.

However, Captain Kubly, who is deployed from Elmendorf AFB, Alaska, had no doubts in his medical technicians, Tech. Sgt. Jenina Rose and Senior Airman Alicia Woods.

"They are seriously the best medics I've ever worked with," he said. "We spend so much time training. I am comfortable with their knowledge, and I trust them to make the right decisions. They're not afraid to think, or do whatever needs to be done. These guys make it happen."

Within an hour, the woman's clinic was filled with Afghan women and children as word spread through the village of the team's arrival. With their blue burquas lifted and their children cradled in their laps, the women were eager to relay their medical issues through Abdul Qadar, the Afghan translator who assisted in the women's clinic.

"Many of these women traveled a long way when they heard the medics would be here," he



PHOTO BY MASTER SGT. JIM VARHEGYI

**Panjshir Provincial Reconstruction Team members Capt. Kevin Kubly (second from right) and Staff Sgt. Andre Sanchez-Romero explain medication dosage through an interpreter to a village boy and his father (out of the picture) Aug. 7 in Roydara village in the Shutol district of Panjshir province, Afghanistan. Captain Kubly is a physician's assistant deployed from the 3rd Medical Group at Elmendorf. He and his fellow PRT members made an 11-mile round-trip trek over a mountain pass and into a river valley to provide medical care to Afghans living in Roydara.**

said. "This was the only time they could be seen by medical (personnel) and given medication."

From general aches and pains to rashes and stomach problems, Sergeant Rose and Airman Woods saw a variety of ailments in their patients. Using antibiotics, over-the-counter medications and vitamins supplied by the U.S. Army and through donations from the United States, the medics did their best to treat and educate their patients.

"I definitely learned a lot since I arrived here," said Airman Woods, who is deployed from Lackland AFB, Texas. "I've become more familiar with the different types of medication and what they can be used for."

As part of the Panjshir PRT, the team's mission involves aid, security and reconstruction work throughout the province. They strive to promote conditions for self-sufficiency, enduring prosperity and a secure, stable environment in a country that's seen war for about 30 years. Since the team must be self-sufficient, career fields ranging from services to Army civil affairs to Air Force administration must work together.

Though they usually travel for their work, the medics are sometimes sought out by the local population. A few weeks before the trip to Roydara,

heavy rains fell upon Panjshir Province, resulting in flash flooding that killed about 30 people and destroyed local villages and bridges. Many locals showed up at the PRT's home, Forward Operating Base Lion, seeking emergency care.

"I've worked in the emergency room for several years," said Sergeant Rose, who is deployed from Mountain Home AFB, Idaho, "and you have to think quickly as stuff happens. So that has prepared me for what I see here in Afghanistan."

After about four hours in the village, the team saw more than 120 villagers. After packing up their equipment, they walked another four hours back to their vehicles. It was an exhausting, but very important mission, Colonel Luedtke said.

"I couldn't be more proud of my team," he said. "There were times on that trail when every part of your body aches, screaming at you to stop walking, but these guys kept going. They kept walking to get to that village, where they began working right away. I couldn't ask for a more dedicated team."

Airman Woods said her team's versatility and cooperation was a benefit for the mission.

"We click very well together," she said. "We have good interpreters, good engineers and security. We all care about what we need to do."

## SERE training to be required for all Airmen

**WASHINGTON (AFP)** -- Air Force Chief of Staff Gen. T. Michael Moseley met Aug. 10 at the Pentagon with several Air Force leaders to discuss the road ahead for survival, evasion, resistance and escape training.

Air Force leaders plan to broaden the focus of SERE training for all Airmen due to the threat of isolation and capture for Airmen supporting the war on terrorism.

"As we've seen recently, the capture of military personnel has the potential of exploding into a larger strategic event with global impacts," General Moseley said. "Today's battlefields are non-linear and non-contiguous; their shape and venue change constantly. I worry we've not prepared our Airmen for the world we're operating in."

In today's ever-changing world,

Airmen increasingly find themselves in a non-traditional environment outside the wire. SERE training teaches Airmen principles, techniques and skills to survive in any environment, avoid capture, resist and escape if captured.

SERE training is currently conducted on three levels. All Airmen receive entry-level, or A-level, training. B-level is provided to those with a moderate risk of capture and C-level is reserved for those with a high risk of capture. B- and C-level training is provided primarily to aircrew members, those traditionally in higher risk duties.

Col. Bill Andrews, a guest speaker at the summit, was an F-16 Fighting Falcon pilot flying his 35th mission in the final stages of Operation Desert Storm when he was shot down, cap-

tured and spent time as a POW.

"(A captured Airman) faces grave moral and physical challenges," Colonel Andrews said. "My training gave me a gut understanding that I was still at war and not in a time-out. My SERE training at the Air Force Academy, 14 years earlier, was clear as a bell, giving me the confidence to not break in the face of the enemy."

In addition to aircrews, advanced SERE training currently is provided to battlefield Airmen, those with the responsibility for combat control, pararescue, tactical air control and combat weather.

"This is a great day. For the first time in history, we're talking about preparing all Airmen in the total force to deal with the increasing threat of isolation and capture," said Chief Master Sergeant John Myers, SERE career

field manager.

"With the issues we've addressed at this summit, we've taken a great step forward in facing this ultimate challenge that confronts our Airmen who fall into enemy hands," Colonel Andrews added.

General Moseley's new initiative will be to incorporate SERE training throughout the Air Force.

"We need to inject these skills across the entire force," General Moseley said. "Whether deployed for combat operations, stationed overseas or even in the continental United States, there are persistent threats to all Airmen. We must ensure every Airman is properly trained to deal with these threats. From the moment Airmen report for initial training until they separate or retire, we must train them to ensure they return with honor."

# File legal claims without leaving your computer

Have your household goods been damaged by the movers in your PCS to Elmendorf? You can now file your claim online. The Air Force Judge Advocate General’s Corps has consolidated the processing of household goods claims at a single location in Dayton, Ohio.

These claims involve loss or damage during shipment of household goods and privately owned vehicles as well as during storage at government expense. In addition, personnel may also file claims online for loss or damage to personal property located in government quarters or other authorized locations incident to government service.

Other types of trauma-related claims, such as those resulting from the alleged negligence of a government vehicle driver, for example, will continue to be processed at the base legal office.

For household goods claims, Air Force em-

ployees can file claims online and electronically submit required documents to the Air Force Claims Service in Ohio. Employees can complete the process from home after a one-time login on any government computer. If the employee does not have access to a government computer, they can call the claims center at 1-877-754-1212 and they will provide a username and password.

As employees complete their claims online, they can get customer service over the Web or from the center by phone.

The online filing system accelerates the processing of the claim and allows for quicker payment.

Claims may still be filed via mail service. A package is available at the base legal office. After reading and completing the paperwork, mail the claim to: Air Force Claims Service Center, 1050 Forrer Blvd, Dayton, Ohio 45420.

However, people should remember that filing a claim via regular mail will take longer to receive and will delay payment. Delays can be longer from overseas.

When filing a claim, the pink form, DD Form 1840/1840R, entitled “Joint Statement of Loss or Damage at Delivery/ Notice of Loss and/or Damage,” still must be submitted within 70 days from the date of delivery to the local base legal office. After that, the claim itself will be submitted directly to the AFCSC within two years from the date of the incident.

For more information, visit *http://legalassistance.law.af.mil/* claims or call the Elmendorf Legal office at 552-3046. To file a claim, visit *https://claims.jag.af.mil* or call 1-877-754-1212.

*(Information provided by the 3rd Wing Legal Office)*

## Finance: Did You Know???

To ensure continuous improvement and the use of myPay, a web-based system which allows easy access to civilian LESs, we will periodically shut off all hard copy civilian LESs beginning calendar year 2007. Notice to Air Force civilian employees will be disseminated through MAJCOMS and posted to the Knowledge Now Web site two pay periods prior to any shut off. Per our agreement with local unions, all civilian employees will continue to have the option to resume delivery of individual hard copy LESs.

## Force Support Squadrons; Services and MSS

As Air Force leaders continue to shape the Air Force for the future, organizations within the Air Force have to find more efficient ways of doing business.

In this spirit, six Air Force test bases are merging their services and mission support squadrons. Through this merger, the organizations will streamline processes, increase efficiencies, maximize customer service and cut costs associated with maintaining two separate organizations. The new combined organizations are called force support squadrons.

- The bases testing the merger are Laughlin Air Force Base, Texas; Edwards AFB, Calif.; Grand Forks AFB, N.D.; F.E. Warren AFB, Wyo.; Minot AFB, N.D.; and Eielson AFB, Alaska
- The consolidation of these services will further enhance support for Airmen and the Air Force goal of recapitalizing and modernizing our aging fleet
- During the test, officials are determining what services will be merged, collocated or will remain separate and distinct as either manpower, personnel or services entities
- Some areas being considered

for consolidation are: library and education; casualty and mortuary; readiness; and protocol and executive officer functions

- The new squadron will contain five flights: force development, manpower and personnel, Airmen and family services, sustainment services and community services
- The Air Force will evaluate the test through surveys, analyses and site visits prior to Air Force-wide implementation scheduled to begin January 2008

Find Airman’s Roll Call online at *http://www.af.mil/library/viewpoints/*.



# Programs help Airmen, families prepare for deployment

**By Staff Sgt. Monique Randolph**  
Secretary of the Air Force Public Affairs

**WASHINGTON (AFPN)** -- As part of ongoing efforts to inform Airmen about ways to manage stress, Air Force officials here introduced a monthly campaign to highlight initiatives to help Airmen and their families cope with life’s difficulties and the initiative for August is deployment readiness.

Air Force officials employ proactive programs to prepare Airmen and their families for the challenges associated with deployment and family separation, and the programs focus on the time before, during and after the deployment.

“The Air Force created the deployment support process to provide continuous, integrated support to Airmen and their families while deployed and at the home station,” said Lt. Col. Steven Pflanz, the chairman of the Air Force Integrated Delivery System. “We must recognize that deployment support is an ongoing process, and not just a homecoming event. This program aids in the transition from the deployed environment to family life and the work center, and ensures timely attention to the needs of Airmen and their families throughout the deployment life cycle.”

*Pre- and post-deployment briefings*

The Airman and Family Readiness Center, or A&FRC, in conjunction with other agencies on base, conducts a pre-deployment briefing to educate Airmen and families on personal planning strategies related to extended duty away from home.

Representatives from several base agencies provide information about the services available to Airmen and family members. During these briefings, Airmen can complete powers of attorney, enroll in the morale call program, and get information about military pay changes, family care plans

and other deployment-related issues. Spouses are also encouraged to attend.

“These briefings are often done in groups, but can be provided individually to help Airmen plan for how to handle personal business long distance,” said Brenda Liston, the chief of community support and family readiness at the Pentagon. “They are also valuable to help spouses speak to their children about the deployment, ensure appropriate planning for financial issues, and build communication plans to ensure family unity while apart.”

The A&FRC also offers post-deployment services, such as “Coming Home” briefings, to prepare Airmen for reunion with their families, friends and co-workers. Working with chaplains and other helping agencies within the Integrated Delivery System, the A&FRC provides counseling services, briefings and guidance on reunion issues.

*Deployment health assessments*

Before and after a deployment, Air Force medical professionals provide health assessments to identify any potential health and behavioral issues.

During the pre-deployment assessment, Airmen complete screening forms, records review and an interview to address any potential health concerns before they deploy to “ensure they are not sent somewhere that could potentially be dangerous for the Airman or the mission,” Colonel Pflanz said.

“The post-deployment health assessment is conducted upon return from deployment, followed by a post-deployment health reassessment at 90 to 180 days after the Airman’s return,” said Colonel Pflanz. “These assessments are designed to identify both physical and mental health concerns, and lead to treatment for any health problems that are identified.”

*Family readiness programs*

The Air Force also provides services that directly support the family members of deployed Air-

men. These services are designed to help families understand the cycle of deployment and the effects deployment can have on children.

“Children don’t always understand why mom or dad had to leave for the deployment and what it all really means. They often fear that their parent is in danger,” Ms. Liston said. “Helping them understand the whole process and keeping open communication with the deployed parent is important. Our A&FRCs have junior deployment events each year that help children experience the deployment process. Parents should contact their local A&FRC for the date of the next event.”

*Childcare programs*

Enhanced childcare programs play a big part in reducing stress and supporting families of deployed servicemembers. The Air Force offers childcare programs Airmen and their families can use before, during and after a deployment.

“Give Parents a Break” is a program that provides four to five hours of childcare, once or twice a month at no cost to the Airman. The program is funded by the Air Force Aid Society, and is available to anyone with a referral from a base helping agency, said Eliza Nesmith, the chief of Airman and family services. Since its beginning, the Air Force has provided more than 150,000 hours of childcare through “Give Parents a Break.”

Air Force leaders also recognize the need for deployed members and their spouses to reconnect when the military member returns home from a deployment. The Returning Home Care Program provides members with additional childcare upon returning from deployments.

“This program provides up to 16 hours of childcare, at no cost to the Airman, for parents returning home from a deployment of 30 days or more,” Ms. Nesmith said. Airmen who routinely deploy for shorter periods can also use the program.





**Rodeo volunteers**  
Volunteers are needed to set up the rodeo arena for the 2007 Alaska State Fair Rodeo from Sunday-Tuesday. The arena needs to be taken apart in Anchorage and set up at the fairgrounds in Palmer.  
For more information, call Senior Airman RJ Eppers at 940-867-3720 or e-mail [ronald.eppers@elmendorf.af.mil](mailto:ronald.eppers@elmendorf.af.mil).

**TAP seminar**  
A Transition Assistance Program seminar is 8 a.m.-4:30 p.m. Tuesday-Aug. 31 at the Military Family and Readiness Center for members separating from active duty. This four-day presentation will offer résumé writing, salary negotiation, networking, veteran’s benefits and more. You must sign up to attend. Spouses are welcome and highly encouraged to attend.  
For more information or to sign up, call 552-4943.

**Fall wash**  
There will be a Fall wash from 8 a.m.-4 p.m. Thursday at Heritage Park. This wash is an organized cleaning of the aircraft at the park. Volunteers are needed to help.  
For more information, call Tech. Sgt. Scott McCoy at 552-2180 or e-mail [scott.mccoy@elmendorf.af.mil](mailto:scott.mccoy@elmendorf.af.mil)

**Alaska State Fair tickets**  
The 2007 Alaska State Fair is ongoing through Sept. 3. Tickets

are available at Information, Tickets and Tours.  
Tickets are \$9 for adults and \$5.50 for Seniors 65 and older and children 6-12. The tickets are admission only, no concert tickets are available at the office.  
For more information, call 753-2378.

**Munitions storage closure**  
The 3rd Equipment Maintenance Squadron Munitions Storage Area will be closed Sept. 6-14 to conduct a 100 percent closed warehouse inventory. Any munitions requirements during this time will be considered “emergency” and will require coordination through the group commander.  
For more information, call Tech. Sgt. David Walker at 552-4491 or Master Sgt. Gregory Nelson at 551-0016.

**Home buying seminar**  
Elmendorf Housing office will have a home purchasing seminar at 1 p.m. Sept. 10 at the Housing Office. The class lasts for two to three hours. You must sign up to attend.  
For more information or to sign up, call 552-4439/4328.

**9-11 Remembrance**  
Since the tragedy of Sept. 11, 2001, Matty Wilson has made baked goods for local fire departments to mark the anniversary.  
If interested in baking or giv-

ing a donation, call Mrs. Wilson at 929-9069 or Donna Baker at 868-1193.

**AF Ball**  
The 2007 Air Force Ball is at 6 p.m. Sept. 22 at the Egan Civic and Convention Center, 555 W. 5th Ave. Anchorage. You must R.S.V.P. to attend.  
For more information or to R.S.V.P., call 1st Lt. Warren Smith at 552-9057.

**Antiterrorism training**  
The 3rd Wing Antiterrorism/Force Protection office will host a 40-hr level II training seminar Sept. 24-28 on the first floor in the auditorium of the Base Education Office. Unit ATO’s and their alternates who have not attended a DoD recognized level II training in the past are required to attend. Others are welcomed on a space available basis.

For more information, call the 3rd Wing AT/FP office at 552-0254.

**AANG opportunities**  
The Alabama Air National Guard, located in Montgomery, has several positions available. The AANG is also offering \$15,000 bonuses until Sept. 30.  
For more information, call Master Sgt. Vonsetta Love at 1-800-368-4481, DSN 358-9191 or e-mail [vonsetta.love@almont.ang.af.mil](mailto:vonsetta.love@almont.ang.af.mil).



COLA survey

A Living Pattern Survey to determine the amount of Cost of Living Allowance each military member is entitled to is being conducted online at <http://www.perdiem.osd.mil/oscola/lps/alaska/>. All service-members permanently assigned to Anchorage, have at least three months on station, and do not reside in the dormitories or aboard ship should participate in the survey.

For more information, call Master Sgt. Richard Viotto at 552-8172 or e-mail [richard.viotto@elmendorf.af.mil](mailto:richard.viotto@elmendorf.af.mil).

Automated Housing Referral Network

The Automated Housing Referral Network program is an online, joint service that provides housing information for servicemembers. This website gives a brief description of availability of rentals and homes for sale.

For more information, visit [www.ahrn.com](http://www.ahrn.com) or call the housing office at 552-4439.

Long-term furniture

The Elmendorf Housing Office has long-term Government furnishings available for accompanied and unaccompanied members E-1 through E-5. Long-term loaner furniture is authorized for members residing on- or off-base. This furniture is limited and issued on a first come, first serve basis. The housing office is open from 9 a.m.-4:30 p.m.

Mondays through Fridays. For more information, call 552-2740.

Military moving station

The Moving Station is a real estate partner of the Automated Housing Referral Network program. This program is open to active duty, retired and DoD civilians. MMS is a global relocation assistant program.

For more information or to take advantage of this program, call 888-268-2488.

Telephone directory

To ensure that the Elmendorf telephone directory stays current, all organization's telephone control officer needs to provide the most current information by Aug. 31.

For more information or to submit information, call Joyce Roberts at 552-8524 or e-mail [joyce.roberts@elmendorf.af.mil](mailto:joyce.roberts@elmendorf.af.mil)

Workstations during non-duty hours

All Elmendorf employees are being asked to leave NIPRnet computers on during all non-duty hours. Network pushes such as patches, anti-virus and the SDC 1.2 upgrades happen during non-duty hours. This avoids competing for network bandwidth during high use periods and minimizes the inconvenience of forced computer reboots when you are trying to conduct business.

Computers and monitors go into a "power save" mode which draws far less power while remaining on and will save more energy than those that get powered off while not in use.

For more information, call Master Sgt. Daniel Hall at 552-4540.

AADD

Airmen Against Drunk Driving is seeking volunteers and squadron sponsoring. AADD has moved from the Klondike Community Center to the Kashim Club. Volunteer hours are midnight-4 a.m.

For more information, call Airman 1st Class Johnathon Cooper at 552-2366 or e-mail [johnathon.cooper@elmendorf.af.mil](mailto:johnathon.cooper@elmendorf.af.mil)

Free renters insurance

Free renters insurance is being offered to all occupants of Aurora housing. To activate renters' insurance from Allstate, call 279-9000.

For more information, call Aurora at 753-1023.

Advertise your event

Base members wanting to place event information in the *Sourdough Sentinel* can e-mail [sourdough.sentinel@elmendorf.af.mil](mailto:sourdough.sentinel@elmendorf.af.mil).

Information must be received by close of business Friday at least one week before desired publication date. All information submitted is published on a space-available basis.



Chapel Schedule

Catholic Parish

- **Monday through Wednesday and Friday Mass:** 11:30 a.m. at the Chapel Center
- **Thursday Mass:** 11:30 a.m. at the Hospital Chapel
- **Sunday Mass:** 10:30 a.m. at Chapel 1
- **Sunday Evening Mass:** 7 p.m. at Chapel 2
- **Confession:** 4:30 p.m. Sundays at Chapel 2

Protestant Sunday

- **Liturgical Service:** 9 a.m. at Chapel 2
- **Celebration Service:** 9 a.m. at Chapel 1
- **Gospel Service:** noon at Chapel 1
- **Fellowship Praise:** 6 p.m. at Chapel 1
- **Service:** 11:30 a.m. at the Hospital Chapel

Religious Education

- **Catholic Religious Education:** Sunday at 9 a.m. at the Chapel Center.
- **Protestant Sunday School:** 10:30 a.m. at the Chapel Center. For more information, call the Chapel at 552-4422.



## Airman 1st Class Michelle Clark

**Organization and duty title:** 19th Fighter Squadron Aviation Resource Management specialist

**Hometown:** Ashburn, Ga.

**Hobbies:** Singing, dancing, and hanging out with friends

**Mission contribution:** Manage the 19th FS duty desk which includes tracking both flying and ground training for more than 55 pilots and also ensure pilots complete their go, no-go items before each mission.

**How long have you been at Elmendorf:** 10 months

**Time in service:** One year, two months

**Best part about being in Alaska:** I can say that I have visited Alaska at least once in my life.

**Quote from supervisor:** “Arctic Warriors lead the fight and Airman Clark fights the battles from the front for the 19th Fighter Squadron. She sets the example for other young Airmen to follow with her true professionalism and energetic work ethic. The squadron can count on her for anything.” Tech. Sgt. Mariah Kusky



PHOTO BY SENIOR AIRMAN GARRETT HOTHAN



PHOTO BY SENIOR AIRMAN GARRETT HOTHAN

## Airman 1st Class Vance Tyler

**Organization and duty title:** 3rd Logistics Readiness Squadron Cargo Movement specialist

**Hometown:** Valliant, Okla.

**Hobbies:** Watching movies, listening and playing music, working on trucks, hanging out with family and friends

**Mission contribution:** Pack and transport mission essential cargo to all bases all over the world.

**How long have you been at Elmendorf:** One year, three months

**Time in service:** Two years

**Best part about being in Alaska:** Getting to see the unbelievable things that can’t be seen anywhere else.

**Quote from supervisor:** “Airman Tyler is the hardest working person I know. He takes initiative; I’ve never once had to ask him to do a necessary task. Airman Tyler will take the lead and his peers will follow him. He is an Arctic Warrior because of his tenacity, his knowledge of the job, and the ability and willingness to serve in and protect the best Air Force.” Staff Sgt. Felicia Howell



# Katmai CDC first in PACAF to earn accreditation

By Staff Sgt. Olenda Peña Perez  
3rd Wing Public Affairs

The Katmai Child Development Center was the first in the Pacific Air Forces to earn accreditation through the National Association for the Education of Young Children.

"We're proud to have earned the mark of quality from NAEYC, and to be recognized for our commitment to reaching the high-

est professional standards," said Lisa Dalton, director of Katmai Child Development Center. "NAEYC accreditation lets families in our community know that children in our program are getting the best care and early learning experiences possible. Our mission is to ensure that our military moms and dads can do theirs."

With the help of about 30 staff members, Katmai provides daily care to nearly 200 children, ages 6-weeks through 5-years old.

To earn NAEYC accreditation, Katmai went through an extensive self-study process, measuring the program and its services against the 10 new NAEYC Early Childhood Program Standards and more than 400 related accreditation criteria. The program received NAEYC accreditation after a two-week on-site visit by NAEYC assessors to ensure that the program met each of the 10 NAEYC program standards. NAEYC-accredited programs are also subject to unannounced visits during their accreditation, which lasts for five years.

NAEYC requires programs to complete a four-step program before they can achieve accreditation. These requirements are designed to increase the accountability of the system for children, fami-

lies and all customers of NAEYC accreditation. The heart of accreditation focuses on the child's experience.

The process carefully considers all aspects of a program, including health and safety, staffing, staff qualifications and physical environment. The greatest emphasis is on the children's relationships with the staff and how the program helps each child grow and learn intellectually, physically, socially and emotionally.

"The new NAEYC accreditation system raises the bar for preschools, child care centers and other early childhood programs," said Mark Ginsberg, Ph.D., executive director of NAEYC. "Katmai's NAEYC accreditation is a sign that they are a leader in a

national effort to invest in high-quality early childhood education, and to help give all children a better start."

Research supports the value of accreditation for children. Children's language and social skills especially benefit from the better quality found in NAEYC accredited programs. These are critical areas for children's success in school, as well as in life.

"To know that we're one of the eight percent of children's programs who have earned their accreditation through the NAEYC is a great achievement and proves to our parents the quality of care their children are receiving while they're at work," said Melanie Ginn-Williams, pre-toddler provider.



Provider Delvia Billings plays with Audrey Gonzales in the infant room while Asia Memillan watches. Katmai provides daily care to nearly 200 children, ages 6-weeks through 5-years old.



Above: Pre-toddler provider Melanie Ginn-Williams helps Jeremiah Batiste stack blocks.

Below: Part Day Pre-school provider Catherine Smith talks with Jaylin Simmons, Emma Elder, Reign Aldridge, Jake Fleishaver, Allyson Reedy and Thomas Atchison about what they like to eat with their cucumbers. To earn NAEYC accreditation, Katmai went through an extensive self-study process, measuring the program and its services against the ten new NAEYC Early Childhood Program Standards and more than 400 related accreditation criteria.



Photos by Staff Sgt. Olenda Peña-Perez



# Coming in September... The Warehouse Grill in the Kashim Club



## Hours of Operation

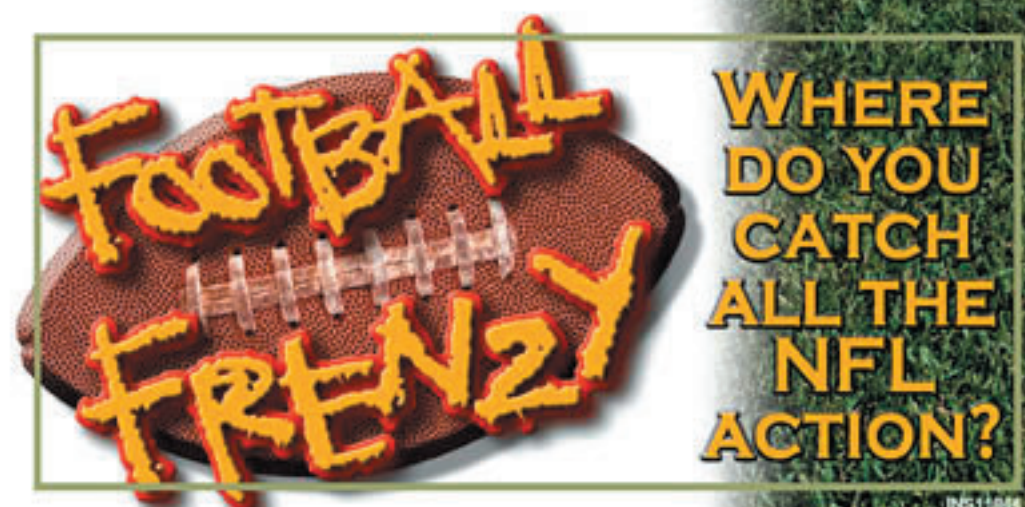
Sunday (for football season) 7:30 a.m.-8 p.m.  
Monday - Thursday 11 a.m.-1:30 p.m. & 4-8 p.m.  
Friday 11 a.m.-1:30 p.m. & 4 p.m.-1 a.m.  
Saturday: 4 p.m.-1 a.m.

The Kashim 753-6131

The Warehouse Grill 753-0777



Opening 11 a.m. Sept. 4th  
Ribbon Cutting 4 p.m. Sept. 7th



Come watch all NFL Ticket satellite games on our large screen TVs. Club members enjoy drink specials, 10 percent off food and other specials, games and weekly prizes.

**Enter the drawing for Super Bowl XLII and Pro Bowl Tickets!**

## Benefits for Club Members

- Reciprocal privileges at Air Force Clubs worldwide
- Increases accessibility to goods and services at most Services activities
  - Air Force Scholarship program
- Members only discounts and programs
  - Food, beverage, and entertainment program specials
  - Easy club membership transfer
  - Five easy payment methods
    - Low competitive APR
  - Additional three day grace period (28 days)
    - Catering Services
  - Membership conveniences (cashier, check cashing, payments, currency exchange)
    - 24-hour client services
    - Reduced dues (over 50 miles)
  - MasterCard and/or Services charging privileges
    - Cardholder value program
- Allows flexibility to revolve charge purchases versus full payment if desired
- Transactions more accurately described on member's monthly statement
- Standardizes membership processes AF-wide

## The Warehouse Grill

### Sandwich Specials



Served on a freshly baked bun with lettuce, tomatoes, onions and pickles

### The Half Pounder...

Our very own Signature Sirloin Burger  
1/2 Pound Char Grilled Ground Sirloin with our own Secret Seasoning

**Chicken Breast** Marinated and char grilled \$5.50

**Cod** Deep fried and golden \$5.50

**Halibut** Tavern battered and deep fried \$5.50

### Sizzlin' Philly Cheese Steak or Chicken \$6.50

With sautéed mushrooms, red onions and bell peppers smothered with melted provolone cheese on a toasted roll

**Personalize your favorite sandwich by adding any one or all of the following items for 50¢ each!**

- ✓ Cheese (American, Cheddar, Provolone or Swiss)
- ✓ Fresh Sautéed Mushrooms
- ✓ Pickled Jalapeños
- ✓ Bell Peppers

Add Bacon or Ham for just \$1

Add Traditional or Hot & Spicy Fries for only a \$1

Add Beer Battered Fries or Onion Rings for only \$2

**Saled Bar Stack it how you like it! 30¢ an ounce**



### The ONE POUNDERS ...Basket Specials

1/2 pound chicken or fish & 1/2 pound fries

### Catfish & Fries

Catfish fillets lightly breaded and deep fried \$7.50

### Fish & Chips

Country style breaded cod, deep fried to perfection \$7.50

### Chicken Strips (Traditional or Buffalo) & Fries \$6.50

Umm, 'nough said

### Chicken Wings (Traditional or Hot & Spicy) & Fries \$6.50

Finger lickin'!

### Halibut & Fries \$8.75

Melt in your mouth Tavern Battered Fillets deep fried and tender!

### Sides

Traditional Fries \$2.25

Hot & Spicy Fries \$2.25

Beer Battered Fries or Onion Rings \$3.25

Chef's Soup cup \$2.25 bowl \$2.75

Clam Chowder cup \$3.25 bowl \$3.75

### Kid Stuff (10 and under)

1/2 order Chicken Strip Basket \$3.50

1/2 order Fish & Chips Basket \$3.50

1/2 Order Chicken Wing Basket \$3.50

Kids Fountain Drink 75¢



### Fountain Drinks

Large (32 oz) \$1.75

Medium (24 oz) \$1.50

Small (16 oz) \$1.00

## Grand Opening Events In September

Opening 11 a.m. Sept. 4th  
Ribbon Cutting 4 p.m. Sept. 7th

### Sundays

- Football Frenzy and Fantasy Football 7:30 a.m.-4 p.m.

Point of Contact:

[matthew.shellem@af.elmendorf.mil](mailto:matthew.shellem@af.elmendorf.mil)

- Jazz 4-8 p.m. in the lounge (Adults only)

- Wing special and breakfast items

### Mondays

- Monday Night Football starts at 4 p.m. (Adults Only)

### Tuesdays

- Kids Day - 1 Free kids meal with each regular meal purchased in the Warehouse Grill (During regular operating hours)

### Wednesdays

- Open Mic Night (Adults only)

### Thursdays

- Family Night - Free Family entertainment from 5-8 p.m. in the Warehouse Grill

### Fridays

- Vendor Tastings 5-7 p.m.
- Texas Hold 'Em Tournament Sign ups 6 p.m., Game at 7 p.m. (Adults only)

### Saturdays

- Elmendorf Idol, sign ups start at 8 p.m., contest at 9 p.m. (Adults only)



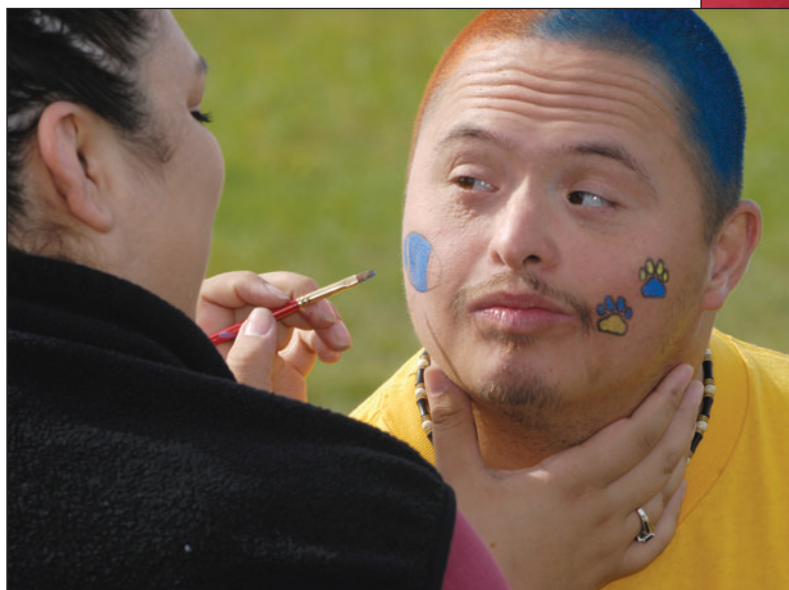
# Deployment brings families together



Skylar Guerzon, daughter of Maj. Robert Guerzon, poses for a picture with her painted Eagle. More than 30 Elmendorf volunteers helped with face painting and worked the kids' games at the picnic. The picnics are a chance for families of deployed members to come together. The next picnic is scheduled for late December.



Above: Amelia Muhlbauer, daughter of Maj. Joseph Muhlbauer, jumps as high as she can in the bounce castle. The children were able to play tug-o-war, sack races and water balloon fights during the event.



Bobby Hill has his face painted to match his hair at the picnic. Bobby was also a volunteer during the event. Approximately 150 family members came to the picnic Saturday. The event was sponsored by the C.A.R.E. Team. Several base organizations were there to offer their services.

Below: Austin Auger, son of Staff Sgt. Jeremy Auger, gets his hair painted by Airman 1st Class Jessica Osgood, a volunteer at the picnic.

*Photos by Tech. Sgt. Keith Brown*





# SECDEFs Vol. 1

By **Capt. Tony Wickman**  
71st Flying Training Wing Public Affairs

### Across

1. 10th SECDEF under POTUS Nixon  
6. Give a weapon to  
9. King with the “golden” touch  
14. Isolated  
15. Ocean part  
16. Barn houses  
17. Of, pertaining to, or involving punishment  
18. Even score  
19. Deadens  
20. 23rd letter of the Greek alphabet  
22. Health resort  
24. The Right Stuff actor Shepard  
27. Coop occupant  
28. Sandwich type  
29. Guitar need  
32. Northern ocean  
34. Pie \_\_\_\_ mode  
35. Bonnet denizen  
36. After school snack  
37. Giving a heads up  
39. USAF punishment below Article 15  
41. Everything  
42. First \_\_\_\_

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A	R	M	Y				T	I	S					M	E	A	L

Aug. 17 solution

43. 16th SECDEF under POTUS Reagan  
46. Distillery  
49. Overseas mil. address  
50. \_\_\_\_ culpa  
51. 17th SECDEF under POTUS Bush  
53. Provincial governor in the Ottoman Empire  
54. VCR setting  
55. The female person being discussed or last mentioned  
56. Used to turn a horse to the right  
57. Winter sickness  
58. After, in slang  
59. Lake transport  
63. Zodiac sign  
65. 19th SECDEF under POTUS Clinton  
70. Island group  
71. Bovine  
72. Upper class  
73. Covered in moisture, usually in the morning  
74. List starter  
75. Coins

### Down

1. Once around the track  
2. Pub order  
3. Charged particle  
4. Cell material  
5. Greek oracle site  
6. 18th SECDEF under POTUS Clinton  
7. Actor Stephen  
8. 3rd SECDEF under POTUS Truman  
9. 8th SECDEF under POTUSs Kennedy and Johnson  
10. Debtor’s letters  
11. Actor DeLuise  
12. Police “be on the lookout,” in brief  
13. Military draft org.  
21. Part of a min.  
23. \_\_\_\_ Rider  
24. \_\_\_\_ Paulo  
25. Airport abbrev.  
26. 6th SECDEF under POTUS Eisenhower  
29. Lasting  
30. 2000 film \_\_\_\_ of Honor  
31. Wooden stake  
33. Instrument  
37. Actress Larter  
38. Moment in \_\_\_\_  
40. 13th and 21st SECDEF under POTUSs Ford and Bush  
41. Mexican resort  
43. Taxi  
44. Mock

45. Phone type  
47. Grant’s foe  
48. Liquid obtained by leaching wood ashes  
51. 22nd letter of the Greek alphabet  
52. Assisted  
55. U.S. abolitionist and novelist Harriet Beecher \_\_\_\_  
59. Boor  
60. Dined on  
61. Currently  
62. Bullring cheer  
64. Long time  
66. Inventor Whitney  
67. Edge  
68. Map path, in short  
69. Affirmative

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# SPORTSPAGE

## 3rd CS wins intramural softball championship



PHOTO BY AIRMAN 1ST CLASS DAVID CARBAJAL

**Shortstop Doyle Bohr, 3rd Communications Squadron, swings at a 3rd Equipment Maintenance Squadron AMMO Flight pitch during the first of two games played for the intramural sotball championship Aug. 14.**

**By Airman 1st Class David Carbajal**  
3rd Wing Public Affairs

On a rainy August afternoon, a battle between the 3rd Communications Squadron and 3rd Equipment Maintenance Squadron AMMO Flight took place on the softball diamond Aug. 14.

The eighth seeded 3rd CS beat the third seeded, 3rd EMS AMMO Flight in a two-game series to capture the base softball championship.

As the championship bracket opened, the 3rd CS played and beat the first seeded and defending champions 381st Intelligence Squadron, as AMMO beat the sixth seeded 3rd Medical Group team #2.

The next day, Aug. 9, a preview of the championship game occurred as AMMO played and beat 3rd CS.

That win sent AMMO to the championship game and forced 3rd CS to beat the second seeded 3rd Civil Engineer Squadron, Fire Protection Flight.

A back and forth battle between 3rd CS and the Fire Protection Flight wasn't decided until the last batter with an 18-17 final score sending 3rd CS to play AMMO once again.

Having already lost to AMMO in the playoffs, 3rd CS had to win two straight games to earn the bragging rights and the trophy.

The 3rd CS jumped out to an early lead in the first inning and never looked back, winning the first game 16-8.

As the rain started falling heavier, the second game got underway.

In the top of the first inning, Doyle Bohr and Jeremy Harris came around to touch home plate, giving 3rd CS a 2-0 lead.

AMMO answered back, scoring Craig Townsend and James Key, knotting up the game after one inning of play.

3rd CS answered with four more runs, to put themselves up 6-2.

Anthony Valez was the solo run-scorer in the bottom of the second, due to three straight infield grounders.

The 3rd CS was unable to get anything going with a three up, three down third inning.

AMMO's rut continued, with only Craig Zimmerman scoring in the bottom of the third.

3rd CS extended their lead again, putting four more on the board, making the score 10-4.

Unable to get anyone in scoring position, AMMO was turned away once again by the 3rd CS defense.

Keeping pace with their other offensive efforts, Comm scored four more, putting them ahead 14-4.

AMMO was able to narrow the gap, scoring both Craig Zimmerman and Andrew Clancy.

The sixth inning was a defensive showcase for both teams, with no runs scored and a strike-out by 3rd CS's pitcher Brett Kolasch.

3rd CS padded their lead, adding three more points, putting the score 17-6.

In a last ditch effort, AMMO scored three runs in five batters but grounded out the last two men to end the game, securing the championship for 3rd CS.

"This just proves we can do more than fix computers," Doyle Bohr said with a smile.



PHOTO BY AIRMAN 1ST CLASS DAVID CARBAJAL

**Third baseman Keith Southern, 3rd Equipment Maintenance Squadron's AMMO Flight, tags Greg Loving, the 3rd Communications Squadron coach and team captain, during the championship game Aug. 14.**

### Sport Shorts

#### SPAC meeting

There will be a sports advisory council meeting at 10 a.m. Wednesday at the Kenai Dining Facility. Topics of this meeting will include an athlete of the year program, money for officials for the 2008 fiscal year, and combining intramural sports with Fort Richardson. All available sports representatives are encouraged to attend.

For more information, call Staff Sgt. Edward Tompkins at 552-0613.

#### Youth basketball, cheerleading

Registration has begun for youth basketball and cheerleading. All participants must be Youth Center members. Cost is \$45. The last day to register is Sept. 14.

For more information, call the Youth Center at 552-2266.

#### Rifle match

The 3rd Security Forces Squadron combat arms section will be hosting an Excellence-in-Competition Pistol Match at the Elmendorf

Firing Range Sept. 15. The competitors who place in the top 10 percent will earn the coveted EIC Rifle Badge to wear in dress uniform. You must be U.S. Military and have never accrued any points towards the Distinguished Rifleman Badge to compete. You must sign up to attend.

For more information or to sign up, call Combat Arms at 552-4196.

#### Volunteer coaches

The Youth Center is looking for volunteers to be youth basketball or cheerleading coaches.

For more information or to sign up, call 552-2266.

#### Hockey players needed

Experienced hockey players are needed for the Eagles hockey C team for the winter season.

For more information or to join, call John Hatch at 552-3194 or e-mail [john.hatch@elmendorf.af.mil](mailto:john.hatch@elmendorf.af.mil).